15k Pace Chart

Mile → Pace ↓	1	2	3	4	5	6	7	8	9	Finish
5:00	5:00	10:00	15:00	20:00	25:00	30:00	35:00	40:00	45:00	46:36
5:15	5:15	10:30	15:45	21:00	26:15	31:30	36:45	42:00	47:15	48:56
5:30	5:30	11:00	16:30	22:00	27:30	33:00	38:30	44:00	49:30	51:16
5:45	5:45	11:30	17:15	23:00	28:45	34:30	40:15	46:00	51:45	52:36
6:00	6:00	12:00	18:00	24:00	30:00	36:00	42:00	48:00	54:00	55:55
6:15	6:15	12:30	18:45	25:00	31:15	37:30	43:45	50:00	56:15	58:15
6:30	6:30	13:00	19:30	25:45	32:00	38:15	44:30	50:45	57:00	1:00:35
6:45	6:45	13:30	20:15	27:00	33:45	40:30	47:15	54:00	1:00:45	1:02:55
7:00	7:00	14:00	21:00	28:00	35:00	42:00	49:00	56:00	1:03:00	1:05:15
7:15	7:15	14:30	21:45	29:00	36:15	43:30	50:45	58:00	1:05:15	1:07:34
7:30	7:30	15:00	22:30	30:00	37:30	45:00	52:30	1:00:00	1:07:30	1:09:54
7:45	7:45	15:30	23:15	31:00	38:45	46:30	54:15	1:02:00	1:09:45	1:12:14
8:00	8:00	16:00	24:00	32:00	40:00	48:00	56:00	1:04:00	1:12:00	1:14:34
8:15	8:15	16:30	24:45	33:00	41:15	49:30	57:45	1:06:00	1:14:15	1:16:54
8:30	8:30	17:00	25:30	34:00	42:30	51:00	59:30	1:08:00	1:16:30	1:19:13
8:45	8:45	17:30	26:15	35:00	43:45	52:30	1:01:15	1:10:00	1:18:45	1:21:33
9:00	9:00	18:00	27:00	36:00	45:00	54:00	1:03:00	1:12:00	1:21:00	1:23:53
9:15	9:15	18:30	27:45	37:00	46:15	55:30	1:04:45	1:14:00	1:23:15	1:26:13
9:30	9:30	19:00	28:30	38:00	47:30	57:00	1:06:30	1:16:00	1:25:30	1:28:33
9:45	9:45	19:30	29:15	39:00	48:45	58:30	1:08:15	1:18:00	1:27:45	1:30:53
10:00	10:00	20:00	30:00	40:00	50:00	1:00:00	1:10:00	1:20:00	1:30:00	1:33:12
10:15	10:15	20:30	30:45	41:00	51:15	1:01:30	1:11:45	1:22:00	1:32:15	1:35:32
10:30	10:30	21:00	31:30	42:00	52:30	1:03:00	1:13:30	1:24:00	1:34:30	1:37:52
10:45	10:45	21:30	32:15	43:00	53:45	1:04:30	1:15:15	1:26:00	1:36:45	1:40:12
11:00	11:00	22:00	33:00	44:00	55:00	1:06:00	1:17:00	1:28:00	1:39:00	1:42:32
11:15	11:15	22:30	33:45	45:00	56:15	1:07:30	1:18:45	1:30:00	1:41:15	1:44:51
11:30	11:30	23:00	34:30	46:00	57:30	1:09:00	1:20:30	1:32:00	1:43:30	1:47:11
11:45	11:45	23:30	35:15	47:00	58:45	1:10:30	1:22:15	1:34:00	1:45:45	1:49:31
12:00	12:00	24:00	36:00	48:00	1:00:00	1:12:00	1:24:00	1:36:00	1:48:00	1:51:51
12:15	12:15	24:30	36:45	49:00	1:01:15	1:13:30	1:25:45	1:38:00	1:50:15	1:54:11

12:30	12:30	25:00	37:30	50:00	1:02:30	1:15:00	1:27:30	1:40:00	1:52:30	1:56:30
12:45	12:45	25:30	38:15	51:00	1:03:45	1:16:30	1:29:15	1:42:00	1:54:45	1:58:50
13:00	13:00	26:00	39:00	52:00	1:05:00	1:18:00	1:31:00	1:44:00	1:57:00	2:01:10
13:15	13:15	26:30	39:45	53:00	1:06:15	1:19:30	1:32:45	1:46:00	1:59:15	2:03:30
13:30	13:30	27:00	40:30	54:00	1:07:30	1:21:00	1:34:30	1:48:00	2:01:30	2:05:50
13:45	13:45	27:30	41:15	55:00	1:08:45	1:22:30	1:36:15	1:50:00	2:03:45	2:08:09
14:00	14:00	28:00	42:00	56:00	1:10:00	1:24:00	1:38:00	1:52:00	2:06:00	2:10:29
14:15	14:15	28:30	42:45	57:00	1:11:15	1:25:30	1:39:45	1:54:00	2:08:15	2:12:49
14:30	14:30	29:00	43:30	58:00	1:12:30	1:27:00	1:41:30	1:56:00	2:10:30	2:15:09
14:45	14:45	29:30	44:15	59:00	1:13:45	1:28:30	1:43:15	1:58:00	2:12:45	2:17:29
15:00	15:00	30:00	45:00	1:00:00	1:15:00	1:30:00	1:45:00	2:00:00	2:15:00	2:19:49
15:15	15:15	30:30	45:45	1:01:00	1:16:15	1:31:30	1:46:45	2:02:00	2:17:15	2:22:09
15:30	15:30	31:00	46:30	1:02:00	1:17:30	1:33:00	1:48:30	2:04:00	2:19:30	2:24:29
15:45	15:45	31:30	47:15	1:03:00	1:18:45	1:34:30	1:50:15	2:06:00	2:21:45	2:26:49
16:00	16:00	32:00	48:00	1:04:00	1:20:00	1:36:00	1:52:00	2:08:00	2:24:00	2:29:09
16:15	16:15	32:30	48:45	1:05:00	1:21:15	1:37:30	1:53:45	2:10:00	2:26:15	2:31:29